



# CAPE MAY COUNTY COMPOSITE SQUADRON

CIVIL AIR PATROL • UNITED STATES AIR FORCE AUXILIARY  
North East Region • New Jersey Wing • NJ009  
*Semper Vigilans • Always Vigilant*



Volume 4 Issue 7

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## *A Shore Thing*

### Commander's Corner



**Major Kevin L. Barstow, Sr**  
COMMANDER, NER NJ-009

Now that school is over and summer is upon us, you need to get your paperwork completed for Basic Encampment, National Cadet Special Activities, and ECT. Remember, you need to get the Unit Commander's signature on your forms before you turn them into Wing to attend. The Unit Commander will make sure you are eligible to attend and sign off the form prior to mailing it to Wing to attend. This must be done in advance, not the day of the event, or it may result in you not being able to attend and be sent home. So let's get busy getting the needed forms and paperwork in on time, so you can enjoy the event.

Any Cadet desiring to be the Squadron's Representative to the Cadet Advisory Council (CAC) at

Wing to represent the cadets at our squadron, see Captain Simon to be assigned and have the paperwork completed. We should have a Primary and Secondary representative. This is your voice in to what the Cadet Program in the Wing is doing and going, this is your program, aspire to be a leader.

During the weekend of 19-20 June 2010, we conducted a Ground Team Member Level 3 Course and several members from our squadron had participated as Instructors and Students. We had a great time of teaching, working and enjoying the company of several members from other squadrons from throughout the Wing. We conducted multi-sorties to test the knowledge and skills learned from the course, and all the students quickly came together as a team and worked seamlessly through the sorties and challenges they faced. I hope you can come out to the next training session and work with the outstanding ES Members we have, not only here at the squadron, but throughout the Wing also.

I want to wish Cadet Craig Coughlin a fond farewell and may

he complete what he needs at the Curtis-Wright Squadron before he attends College in North Jersey. We will miss his leadership, experience and good sense of humor around these parts. Good luck in college and feel free to come back and visit us when you are back in Cape May.

Congratulations to Cadet Dylan Rutherford who earned the Air Force Sergeants Association Award at our Friends and Family Event last June 18th, you deserved it. Keep up the good work. Congratulations go out to Cadet Craig Coughlin, who received the VFW NCO Award that was also given out at the event with other Cadets receiving our Squadron Awards. A Job Well Done by all awardees.

**"SEMPER OPTIMUS"**

**Major Kevin L. Barstow, Sr.**

**Commander**

**NER NJ-009**



## Happenings

### Upcoming Events

July 15- 4H Fair

### Birthdays

C/SrA Jonathon Clark

Capt Wayne Avellino

1st Lt Diana Akeret

2d Lt Joann Greenstein

### Anniversaries

Capt Wayne Avellino

C/Amn Sullivan Edwards

C/Capt Tristan Kooker

C/1st Lt Michael Quinn

SM Nancy Simon

1st Lt Ed Wuerker

### Promotions

Cadet Jonathon Clark to C/SrA

Capt Charles Rambo to Maj

### From the Chaplain

Happy Independence Day!  
 What's your freedom worth?  
 What do you resolve to do that will help bring out ethical moral freedom this 4th of July 2010? Moral Leadership often invites you to look at how you decide to do the right thing; even if it means saying no to your own popularity or gratification. This Independence Day offers each of us the opportunity to reflect over healthy habits that have slowly let our mind, body, and soul grow truly free to be honoring our forefathers and mothers by our own life. To respect our freedom, the life – liberty – and freedom of all people we meet and serve. Want to make it a real 'Fire works' in the dark sky of unethical behavior? Join the Red, White, and Blue of other Civil Air Patrol cadets and staff celebrating what you're living. True Freedom responsibly lived with others. Blessings on you and your 4th of July!

**LtCol Miles Barrett**

**Moral Leadership and Character Development Officer, NJ-009**

## Cadet Program

I am very proud of those of you who earned awards at Family and Friends night. We now have two whole free months of no school, let us use this time to work towards your next achievement. Those of you that are attending a summer activity, I hope that you have everything ready to go to it. Remember the summer uniform is now in effect: black shorts, Squadron t-shirt and sneakers. Basic Encampment is right around the corner, if you are planning to go be sure to get your paperwork together. Be safe and have some fun this summer.

**Captain Tony Simon, Deputy Commander for Cadets**

**NJ-009**

**Squadron Cadet Awards given out at Family and Friends:**

*Cadet Leadership: C/SSgt John Edwards*

*Honor and Pride: C/A1C Dylan Rhile*

*Most Promising: C/Amn Ian Byerly*

*Most Spirited: C/A1C Jonathan Clark*

*Most Dedicated: C/A1C James Loftus*

## Personnel & Administration

As a reminder, all forms that are submitted must be typed. The forms are available in MS Word format on the NHQ website. When printing a 2-sided form, print it on both sides of a single sheet of paper.

When submitting a completed form by email, scan the form and save it in the Adobe Acrobat (.pdf) format.

## Professional Development

Congratulations go to SM Nancy Simon who has completed the CAP Officer Basic Course.

The CAP Officer Basic Course is an online course administered by CAP NHQ. The CAP Senior Officer Course (AFIADL-13) administered by the USAF is no longer available. Enrollment information can be found on the CAP University website, [http://members.gocivilairpatrol.com/cap\\_university/officer\\_basic\\_course.cfm](http://members.gocivilairpatrol.com/cap_university/officer_basic_course.cfm)

This course is required for completion of Level II of the Professional Development Program. Any officer who has not completed the CAP Senior Officer Course (AFIADL-13) should sign up for this course.

Squadron Leadership School (SLS) and Corporate Learning Course (CLC) are now available as online seminars. These courses will take 8 weeks to complete and are writing intensive through online discussion. They were designed to help members who could not attend a traditional face-to-face course. Each course will start when a cohort is put together. Links for the enrollment application forms for these courses are on



the CAP University website, [http://members.gocivilairpatrol.com/cap\\_university/online\\_courses\\_exams.cfm](http://members.gocivilairpatrol.com/cap_university/online_courses_exams.cfm)

## IT

All squadron computers connected to the network are now able to communicate with this printer. This printer has some nice features. The duplex print feature automatically prints to both sides of a sheet of paper without having to reinsert the paper. The printer can scan documents, even two-sided ones, to any of the computers connected to the network and save it in a pdf format. If you need help using these features, ask me for help.

**Lt Col Richard A. Simon**

**DPA, DA, IT, PDO NJ-009**

## Testing

I know that this is the end of the year and all cadets are busy with final tests, but please do not forget about CAP.

You need to test in order to promote, and you need to promote at least twice a year. You need at least the Curry in order to attend Basic Encampment. You need Encampment in order to receive the Mitchell Award, which is the equivalent of Eagle Scout in Boy Scouts.

Either 1st Lt Sandra Kooker or myself are at the meetings by 1800 hours for testing. Once again, if you are not able to be at the squadron at that time, we are able to make other arrangements for test taking if you just let us know.

***Congratulations to Cadet Jonathon Clark on his promotion to C/SrA!***

***Congratulations to C/A1C James Loftus for passing his Mary Feik Achievement!***

We still are lacking in the number of cadets who test and PASS. Lets pick up the pace.



As I am also the squadron assistant financial officer, I would like to gently remind all cadets that there is a \$1 per week dues. For seniors the dues are \$120 per year. Seniors may pay at least monthly, or for as many months as they would like at a time.

We do need to have a fundraiser. The idea of having a car wash sometime this summer has been raised, and I think it would be a fun time. What do you cadets think? We will need your full support on this- so lets hear your views concerning where and when to hold it.

**SM Nancy Simon**

**Testing Officer & Assistant Financial Officer, NJ-009**

## Communications

Communications and the SAR E. Services have perched a Radio tower for 2,465.00 dollars. It is being shipped this week. We will need some help with erection of SAR tower. If you have questions, ask Major Barstow. To see the tower, search MARTIN ALUMINUM tower M-1340A 30' Tower, first page. All permits approved.

**Major Charles Rambo**

**Communications Officer, NJ-009**

## Emergency Services

Sleeping in a tent, tromping through the woods, and cooking hot dogs over an open fire.... That's what myself and a couple of other squadron members did over the weekend of 19<sup>th</sup> and the 20<sup>th</sup> of June. Why would anyone want to do that over two days where the temperatures were around 90 degrees and the mosquitoes and ticks were everywhere you could imagine? To get in some good CAP training that is why! First off it was not as bad as you think. Everyone was well prepared to face the temperatures and the creatures by drinking plenty of water and using a bit of bug repellent.



Well if you haven't figured it out, we were participating in the Ground Team Member #3 training held in the forest of Belleplain State Park. There was a lot of training packed into two days. Day one included a search for a downed aircraft with pilot. This training tested the student's ability to come up with a way to transport the injured pilot from a wooded section of the state park to a simulated waiting ambulance. This scenario also tested the student's ability to find an ELT (emergency locator transmitter), which sometimes is not as easy as it seems. The students learned how large bodies of water like Lake Nummy can make ELT signals seem like they are coming from where they are not.

After a long hot afternoon of carrying a pilot and hiking through the woods, it was time for a nice dinner. This was one of the highlights of the training, and the menu for the evening was roasted hot dogs. First the students had to do a search for the proper stick for roasting. Some cadets chose different type of sticks and some chose different ways to roast their hot dogs, but all in all everyone had some good ole fire roasted hot dogs! After dinner the fire was extinguished and the training continued. Next on the training schedule was a search for a missing hiker. This scenario taught the students to look for clues that would enable them to help find a missing person. Again this meant hiking through the woods and trying to find someone who was lost and might be injured. The training kicked in, and the lost hiker was found after deciphering the clues left by the role player. After a quick ELT mission in the dark, it was time to head back to base camp. Once the students returned, the instructors conducted a quick After Action Review, and then it was time to hit the hay.

Day two started with a quick check of the gear, breaking down tents, and cleaning the campsite, which was rewarded with a quick breakfast of fresh bagels and cream cheese. Then it was time for the last mission, which would test all of the previous training everyone had received.

The mission was a downed aircraft with pilot and co-pilot lost in the woods. This by far was one of the longest and most physically taxing of all the training. It did not help that the students had to see and listen to people swimming, canoeing, and picnicking at Lake Nummy while they were searching. However, they overcame the urge to go swimming in the lake and trudged into the tick-infested woods of the park. All the lessons of day one helped the cadets find clues and use maps to track their way through the forest. This scenario tested the leadership of the team leaders to insure they did not over work their team members or become dehydrated. After hiking over many different types of terrain and many miles, the downed pilot and co-pilot were located safe and sound. After two long, hot days everyone agreed the training was a success and many of the cadets could not wait to return to their squadrons to show other cadets what they had learned.

I really had a good time training and role-playing, which helped all those who attended learn and work towards getting their qualification as a Ground Team Member #3. As with all CAP training, it is a pleasure to meet new people and to see how rewarding CAP is to our members. Till next time, I'll see you in the woods!



**2nd Lt Evan Kooker**

**Emergency Services Officer NJ-009**

## Health Services

Strong healthy bones are an vital part of our overall health and wellness. A little prevention now will go a long way toward avoiding serious health problems in the future.

Bones play many roles in the body. They provide structure, protect organs, anchor

muscles, and store calcium. Adequate calcium consumption and weight bearing physical activity build strong bones, optimizes bone mass, and may reduce the risk of osteoporosis later in life.

### Peak Bone Mass

Peak bone mass refers to the genetic potential for bone density. By the age of 20, the average woman has acquired most of her skeletal mass. A large decline in bone mass occurs in older adults, increasing the risk of osteoporosis. For women this occurs around the time of menopause.

It is important for young girls to reach their peak bone mass in order to maintain bone health throughout life. A person with high bone mass as a young adult will be more likely to have a higher bone mass later in life. Inadequate calcium consumption and physical activity early on could result in a failure to achieve peak bone mass in adulthood.

### Osteoporosis

Osteoporosis or "porous bone" is a disease of the skeletal system characterized by low bone mass and deterioration of bone tissue. Osteoporosis leads to an increase risk of bone fractures typically in the wrist, hip, and spine

While men and women of all ages and ethnicities can develop osteoporosis, some of the risk factors for osteoporosis include those who are:

Female, White/Caucasian, Post menopausal women, older adults, small in body size, eating a diet low in calcium, physically inactive.

To find out more about the prevalence and risk factors associated with osteoporosis, please visit the National Osteoporosis Foundation.\*

### Calcium

Calcium is a mineral needed by the body for healthy bones, teeth, and proper function of the heart, muscles, and nerves. The body cannot produce calcium; therefore, it must be absorbed

through food. Good sources of calcium include:

Dairy products—low fat or nonfat milk, cheese, and yogurt

Dark green leafy vegetables—bok choy and broccoli

Calcium fortified foods—orange juice, cereal, bread, soy beverages, and tofu products

Nuts—almonds

Recommended amount of calcium vary for individuals. Below is a table of adequate intakes as outlined by the National Academy of Science.

Recommended Calcium Intakes

Ages & Amount mg/day

Birth–6 months: 210, 6 months–1 year: 270

1–3: 500, 4–8: 800, 9–13: 1300, 14–18: 1300,

19–30: 1000, 31–50: 1000, 51–70: 1200, 70 or older: 1200

Pregnant & Lactating: 1000, 14–18: 1300, 19–50: 1000

Source: Dietary Reference Intakes for Calcium, National Academy of Sciences, 1997

Vitamin D also plays an important role in healthy bone development. Vitamin D helps in the absorption of calcium (this is why milk is fortified with vitamin D).

For more information on calcium and children visit the National Institute of Child Health and Human Development (NICHD).

#### Weight-Bearing Physical Activity

Regular physical activity has been associated with many positive health benefits including strong bones. Like proper calcium consumption, adequate weight-bearing physical activity early in life is important in reaching peak bone mass. Weight-bearing physical activities cause muscles and bones to work against gravity. Some examples of weight bearing physical activities include:

Walking, Jogging, running, tennis, racquetball, field hockey, stair climbing, jumping rope, basketball, dancing, hiking, soccer, weight lifting.

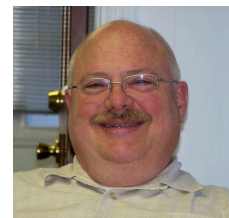
Incorporating weight-bearing physical activity into an exercise plan is a great way to keep bones healthy and meet physical activity recommendations set forth in the Dietary Guidelines for Americans.

Adults: Engage in at least 30 minutes of moderate physical activity [on] most, preferably all, days of the week

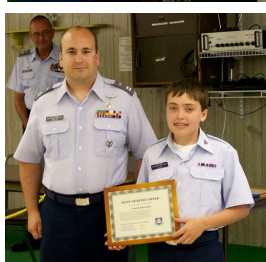
Children: Engage in at least 60 minutes of moderate physical activity [on] most, preferably all, days of the week

**Major Richard Fellows**

**Health Services Officer, NJ-009**



## Cape May County Composite Squadron Activities



**Congratulations to everyone!**





# From the Cadets

I liked the activities that we have been attending lately. Both Memorial Day ceremonies were great; I enjoyed them a lot. But, the second one, the heat got to me and I got dizzy moved into the shade. Thank you to Major Barstow and C/A1C Rhile for helping me off the field.

But, that same day, Assemblyman Albano came up to me and gave me a business card and asked to see how I was doing and told me that he appreciates the program and he doesn't

like how we don't get recognized for doing this kind of stuff and other people get recognized for doing bad stuff. I appreciated that.

Also, at Friends and Family (which was very nice too), he had came up to me and asked how I was doing. I thought that that was very kind of him.

I am glad that O-Flights are starting up again. I look forward to the upcoming activities in CAP.

## C/Amn Madison Peteani

Finally out of school! I had a great O-Flight on Wednesday with 2nd Lt Williams- thanks a lot.

I learned how to turn with the rudders.

I start my lacrosse tournaments this weekend in North Jersey with my all-star team.

It is great to be back in the weekly meetings.

## C/SrA Ray Gradwell

This week school is finally out. Hopefully this will help my test scores at CAP because I can focus more. I have been having a ton of fun lately at CAP because we have been doing all kinds of activities. I was part of the Color Guard, we learned how to spin rifles, and we've been working on drill a lot. I was also positioned as an element leader. All of this has made CAP more enjoyable for me. I plan to go to Encampment this August and expect to

see some other cadets go as well.

## C/A1C James Loftus

On Wednesday June 23, I went on my second O flight. Unlike my last O flight, I went with another cadet. My lesson was first with the other cadet in the back seat. When it was my turn to ride in the back seat I tot to take a lot of pictures.

## C/SrA Jonathon Clark



**Fearless Leader!**

It doesn't get better than GTM3 weekend in Belleplain State Forest!



## Public Affairs

I want to say a big thank you to all squadron members and family and friends who attended our annual Family and Friends night. I think it was a great success, and I hope everyone had a good time. The food was great- we obviously have some good cooks in our squadron families! An especially big thank you to everyone who helped with the setup and cleanup.



Congratulations to everyone who received awards!

I was very happy to see so many cadets there with their families. It is really nice to see cadets progressing through the ranks, accepting leadership roles, and becoming role models to the newer cadets. Thank you cadets- we wouldn't have a squadron without you! Keep up the good work!

**1st Lt Sandra Kooker**

**Public Affairs Officer**

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